

## ABSTRACT

An absorbent article includes an upper, liquid-permeable cover sheet, a lower, liquid-impermeable cover sheet, and an absorption body arranged between the cover sheets. The article includes first and second side barriers along the respective longitudinal side, and each side barrier having at least one longitudinal elastic element, first and second side barriers, defining a shape which narrows in the direction towards said front portion so that the distance, in the transverse direction of the article, between the elastic elements is greater in the rear portion than in the front portion. Each side barrier is arranged such that, when it is secured in contact with the front portion, it defines a folded structure of substantially Z-shaped cross section with a fold directed towards the inside of the article.